

South Dakota State University

Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange

Cooperative Extension Circulars: 1917-1950

SDSU Extension

1-1924

Wholesome and Attractive Desserts

Mary A. Dolve

Follow this and additional works at: http://openprairie.sdstate.edu/extension_circ

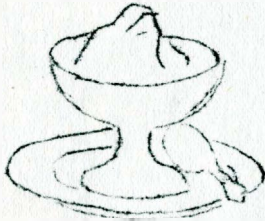
Recommended Citation

Dolve, Mary A., "Wholesome and Attractive Desserts" (1924). *Cooperative Extension Circulars: 1917-1950*. Paper 154.
http://openprairie.sdstate.edu/extension_circ/154

This Circular is brought to you for free and open access by the SDSU Extension at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in Cooperative Extension Circulars: 1917-1950 by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact michael.biondo@sdstate.edu.

WHOLESOME AND ATTRACTIVE DESSERTS

by

Mary A. Dolve
Extension Specialist in Foods & Nutrition

"The daintiest last, to make the end most sweet."
--- Shakespeare.

The dessert gives a pleasing finish to a meal and thus the table is left in a satisfied and happy mood which is very desirable.

The dessert is very often abused however, mainly in the following ways:

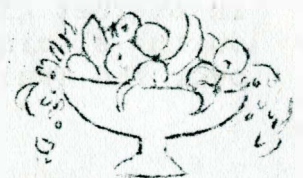
1. Too much time and work spent based on returns in attractiveness and nutritive value as compared with some other.
2. Too often the dessert is sticky, pastry, cake and other carbohydrate foods which have a tendency to remain in the fissures of the teeth and are not easily removed. Carbohydrate residues tend to favor decay of teeth.

It is best to end the meal with fruits because:

1. The last article eaten should be of such a nature as to cleanse the teeth. Fibrous foods such as apples, salads, cole slaw, celery, other fruits, etc., are good foods for this.
2. The fruits also exert an unflavored action on dental decay. The acid fruits are best for this because they stimulate the secretion of a strongly alkaline saliva which coats the teeth and preserves them from being etched away by the products formed from the food which would otherwise remain.

The recipes herein selected are based on:

1. Raw fruits are especially good for desserts, both from a nutrition standpoint and the fact that little time and work is needed for their preparation.
2. Good way of using dried fruits.
3. Frozen desserts are wholesome. It is a food way of introducing cream and milk into the meal.
4. Milk desserts, a good way of putting milk into the meals.



Desserts needing no cooking

Chilled Fruit

Combinations:

1. Pineapple, orange, cocoanut.
2. Pineapple, cherries, strawberries.
3. Oranges, pineapple, banana, lemon juice.
4. Peaches, banana, cherries.
(Always one acid fruit.)

Proportions:

The fruits may be combined in equal proportions or to suit the supply and fancy. Canned or fresh fruits may be used.

Preparation:

Peel oranges so as to remove all white inner coating, as this will make the dessert bitter (dry peel to grate and use for flavoring). Scrape banana after peeling; do not combine with fruits and allow to stand as it will darken the dessert.

Dice all fruit in uniform pieces; sweeten with syrup and allow to stand for some time before serving. The addition of cooked raisins and shredded cocoanut will lessen the required amount of sugar and increase the nutritive value of dessert.

Serving:

Chill and serve in individual glasses.

Orange Delight

- | | |
|---|-------------------------------|
| 4 oranges | 2 bananas or |
| 1 c. drained, crushed or grated
pineapple. | $\frac{3}{4}$ c. strawberries |
| $\frac{1}{2}$ c. powdered sugar | 6 maraschino cherries. |

Pare the oranges cut in small cubes, reserving all the juices that escapes. Peel bananas and scrape away all the stringy outside portion using a silver knife. Cut the bananas into cubes. Or if cherries are used cut each one in half unless they are very small. Mix the oranges, pineapple and bananas or strawberries and arrange in sherbet glasses. Add the juice that has escaped from oranges during slicing process to the powdered sugar, mix thoroughly and pour over the fruit. Top each serving with a cherry and serve very cold.

Oranges Parisian

- | | |
|----------------------|--|
| 6 oranges | $\frac{1}{2}$ c. powdered sugar |
| 2 fresh pears or | $\frac{1}{4}$ c. finely chopped
fresh mint. |
| 4 canned pear halves | $\frac{1}{2}$ c. whipping cream |

Pare and slice the oranges, using all the juice that escapes. Cut pear in slices and mix with oranges. Divide into 6 equal portions and place in sherbet glasses. Mix the juice that has escaped from oranges, the sugar and the mint and pour over the fruit. Set in cold place until ready to serve. Serve topped with a spoonful of the cream beaten until stiff and sweetened with 2 tb. of powdered sugar.

A Special

Select oranges of medium and uniform size, having a clear, golden skin and few seeds. Cut a slice from the end of each orange and then carefully remove the pulp, using a sharp knife. Discard all the tough membranes. Mix the pulp with $\frac{1}{2}$ c. of cleaned chopped dates, $\frac{1}{2}$ c. chopped walnuts meats, and $\frac{1}{2}$ c. shredded cocoanut. Refill the orange shells, dividing the mixture among the oranges. The whole may be topped off with a spoon of whipped cream.

If the oranges are large they may be cut in halves and the half shells used.

FRUITS ALONE OR IN COMBINATION WITH A SLIGHTLY SWEETENED SALAD DRESSING MAY BE USED FOR DESSERT. THE FOLLOWING DRESSING IS GOOD FOR THIS PURPOSE:

Fruit Salad Dressing

$\frac{1}{4}$ c. pineapple juice	2 eggs
$\frac{1}{4}$ c. lemon juice	1 c. whipped cream
$\frac{1}{4}$ c. sugar	

Beat two eggs, add sugar, pineapple and lemon juice. Cook in double boiler stirring constantly until thickened, then set aside to cool. Whip the cream and fold into the mixture just before serving. Very delicious for all fruit salads.

Prune Salad

For Prune Salad, cook a cupful of cleaned prunes in three cupfuls of cold water over night; then cook in the water slowly for ten minutes. Drain and carefully remove pits from the prunes. Measure one-half cupful of walnut meat halves and stuff the prunes, placing one walnut meat on each prune. Finally chop remainder of the walnuts, roll the prunes in them. Arrange on lettuce, sprinkle with half cupful grated cheese, and top with dressing.

Orange Salad Supreme

3 oranges	1 green pepper
2 tomatoes	Lettuce
French dressing or dressing given above	

Remove skin from oranges and cut in pieces, removing all white membrane. Peel tomatoes and cut in small wedge shaped pieces. Discard seeds from pepper and cut in rings. Arrange orange and tomato on lettuce and place rings of pepper on top. Pour dressing over and serve.

Variations of Salad Supreme

WITH GRAPEFRUIT: Use sections of 1 large grapefruit cut in pieces in place of the tomato.

WITH PINEAPPLE: Drain 1 cup of crushed or grated canned pineapple and use in place of tomato.

WITH GRAPES: Cut large Muscat or Malaga grapes in halves, remove seeds and use in place of tomato. Three-fourths of a cup of grapes will be required.

WITH COTTAGE CHEESE: Season $\frac{1}{2}$ cup of cottage cheese and form into balls. Roll each one in paprika and arrange on the salad in the pepper rings.

Orange Salad

4 Oranges

Dressing

$\frac{1}{2}$ cup finely cut celery

Lettuce

Remove skins from oranges and cut in pieces, discarding all the white membrane. Mix with celery and moisten thoroughly with dressing. Arrange on lettuce and put a spoonful of the dressing over the top.

Variations of Salad

WITH NUTS: Use $\frac{1}{4}$ cup each of finely cut celery and walnut or pecan meats broken in small pieces.

WITH PEARS: Cut up 1 fresh Bartlett pear or 2 large halves of well drained canned Bartlett pears and use only 3 oranges.

ARABIAN STYLE: Stone and cut into quarters $\frac{1}{4}$ cup dates. Chop $\frac{1}{4}$ cup peanuts and omit the celery.

BLACK EYED SUSANS: Leave orange in sections. Arrange on individual plates like the petals of a flower. In the center place a ball of peanut butter, top with a spoonful of stiff salad dressing and sprinkle with paprika.

CALIFORNIA WALDORF SALAD: Cut 1 medium sized apple in cubes and mix with 2 tablespoons each of chopped walnut meats and seedless raisins. If there is time, soak the raisins for at least 1 hour before using and drain and dry thoroughly before combining with other ingredients.

Prune and Cottage Cheese Salad

$\frac{1}{2}$ c. medium sized prunes

$\frac{1}{4}$ c. chopped walnuts

Steam until tender. Cool

$\frac{1}{2}$ c. seedless raisins

and remove pits

6 tb. French dressing) beat

3 apples cut into small cubes

3 tb. currant jelly) well

Combine all ingredients and serve on crisp lettuce leaves.

Date Dessert

Measure 2 c. of dates. Wipe them carefully with a damp cloth and then remove the pits. Cut the dates into pieces and combine with one cupful of walnuthmeats chopped coarsely and one tb. of lemon juice. Arrange in sherbert glasses and top with a spoonful of whipped cream.

Mock Plum Pudding

Dissolve a package of Lemon Jello in a pint of boiling water, and while still hot stir in three-fourths cup seedless raisins, three-fourths cup English walnut meats, three-fourths cup cooked prunes, and one-fourth cup citron - all cut fine; one-half teaspoonful cinnamon, one-fourth teaspoonful cloves. Salt to taste. Mix and let harden. Serve with whipped cream or pudding sauce.

Prune Whip

Dissolve one package of Lemon Jello in a pint of boiling water and set it aside until it begins to thicken. Then beat with an egg beater until it reaches the consistency of whipped cream. Stir in one cup of chopped prunes which have been stewed until very tender. Very much better if one cup whipped cream is added. Turn into mould to harden. Add more sugar to the water in which prunes were cooked, and boil this down to a thick syrup. When cool, pour it about the base of the dessert, after you have turned it out, and arrange whole prunes as a garnish.

Porcupine Pears

Use the large variety of pears canned in halves and drain the syrup from them. Stick the rounding side of each pear half with salted almonds, giving the appearance of a prickly pear. Arrange pears in individual serving dishes and pour some of the syrup around them. Peanuts may be used instead of almonds and are just as delicious and less expensive. Halve the peanuts and insert the pointed end in the pears.

A fruit salad dressing may be used for this dessert if desired.

South Sea Delight

Peel 6 large, ripe bananas and cut in halves lengthwise. Arrange the halves of bananas side by side in layers in a shallow buttered baking dish. Mix together the juice of one large orange and $\frac{1}{4}$ c. of light brown sugar and pour over the banana layers. Combine $\frac{1}{4}$ c. of fine, dried bread crumbs and $\frac{1}{4}$ c. of shredee cocoanut and sprinkle over the top of bananas. Bake at 400 degrees F. until the bananas are tender and the cocoanut is brown. Serve at once.

Peach Pudding

Prepare one and one-half cupfuls of bread cut in one-fourth inch cubes. Cut peaches in small pieces and measure two cupfuls. Mix the peaches and bread cubes together and fill buttered, individual molds nearly full. Then pour on a custard mixture made as follows: Beat together slightly the yolks of two eggs, two tablespoonfuls of sugar, and a sreck of salt. Pour over gradually one and one half teaspoonful of vanilla. Sprinkle seedless raisins over the top, using about two tablespoonfuls. Place in a pan containing about one inch of hot water and bake about thirty minutes in an oven heated to 350 degrees. Chill and serve with whipped cream.

Baked Cranberry Pudding

Stew together until tender two cupfuls of cranberries, one cupful of water, and one cupful of sugar. Break up two cupfuls of soft bread into crumbs. Cover a buttered baking-dish with a layer of the crumbs, then add a few seeded raisins and half of the stewed cranberries. Dot over with butter, using one-half tablespoonful, and sprinkle with one-half tablespoonful of lemon juice. Repeat, and place the rest of the bread crumbs on top, dotting over with one tablespoonful of butter. Use altogether about one-fourth cupful of raisins. Bake until puffy and brown - about one-half hour - in oven heated to 375 degrees F. Then cover with meringue made from the whites of two eggs, six tablespoonful of granulated sugar, and one-fourth teaspoonful of vanilla. Return to a 300 degrees F. oven for fifteen minutes. Serve cold with soft custard or cream.

Apple Custard

Put raw apples through the food-chopper and measure two cupfuls. Add one tablespoonful of lemon juice and place in a buttered baking dish. Make a soft custard in the usual way, using the yolks of four eggs, one-half cupful of granulated sugar, two cupfuls of scalded milk, and one-half teaspoonful of vanilla. Pour custard over the apple pulp and make a meringue of the whites of four eggs, three-fourths cupful of granulated sugar, and one-half teaspoonful of vanilla. Arrange the meringue on top of the custard and bake for fifteen minutes at 300 degrees F. When cooked decorate with tiny flecks of currant jelly.

Date Cookies

1½ c. sugar	2 ts. baking powder (with
1 c. butter or lard	sweet cream)
1 c. cream (sour or sweet)	1 ts. vanilla
1 ts. soda (with sour cream)	Flour
or	

Mix dough, using enough flour to make mixture stiff enough to roll out on a board. Roll very thin and cut. Place two cookies together, with 1 tb. of filling between. Pinch edges together and bake.

Filling for Date Cookies

1 box dates	¾ c. sugar
¼ c. water	2 tbs. lemon juice

Wash dates, stone and cook them until soft and thick. Add lemon juice and sugar, stirring constantly while cooking until sugar is dissolved.

Stuffed Apples with Meringue

Select six medium-sized apples and remove the cores and the skin about one-third of the way down. Stuff the cavities with dates, using three or four, cut in small pieces, to each apple.

Sprinkle the apples lightly with granulated sugar, place in a baking dish with a little hot water in the bottom, and bake 400 degrees until tender. Make a meringue by beating until very stiff the whites of three eggs; add six tablespoonfuls of granulated sugar and beat again; then add three tablespoonfuls of sugar together with one-fourth teaspoonful of vanilla and beat again. Arrange the meringue on top of the baked apples, sprinkle the grated rind of an orange over all, and brown in a 300 degree oven for fifteen minutes. Serve cold with custard sauce made as follows: Scald one and one-half cupfuls of milk in a double boiler. Beat together slightly the yolks of three eggs, three tablespoonfuls of sugar, and a speck of salt. Pour the scalded milk over this mixture and return to the double-boiler to cook for about five minutes or until thickened. Flavor, when cold, with one-half teaspoonful of vanilla.

Apple Souffle

Force hot unsweetened apple sauce through a strainer and measure one cupful. Add this, together with one-half cupful of boiling water, to one and one-half tablespoonfuls of granulated gelatin which has soaked for five minutes in one-half cupful of cold water. Stir until the gelatin is dissolved, then add two tablespoonfuls of lemon juice and one-fourth cupful of honey. Set aside to cool, and when beginning to congeal, stir with an egg-whip until light and fold in the whites of two eggs stiffly beaten. Pour into a wet mold or individual molds and put in a cold place to stiffen. Unmold, and serve with custard sauce, using the egg-yolks in the making.

Peach Cream

Soak two tablespoonfuls of granulated gelatin in one-fourth cupful of water and two tablespoonfuls of lemon juice to two cupfuls of peach pulp made by chopping fresh peaches very fine. Heat for a minute and combine with the gelatin, stirring until dissolved. Set aside to cool, and when beginning to congeal, fold in the whites of two eggs beaten until stiff, or one cupful of cream, whipped. Pour into a wet mold, chill, and serve with a custard sauce.

Prune Snowballs

Soak one-half cupful of cleaned prunes, about seven large prunes in two cupfuls of cold water overnight. Simmer in the same water until very soft, finally allowing all the water to cook away. Stone and rub the prunes through a coarse strainer. To the pulp add one-fourth cupful of milk. Meanwhile, cream one-fourth cupful of shortening and one-half cupful of sugar together, then add two egg yolks beaten slightly. Measure and sift together one cupful of pastry flour, two teaspoonfuls of baking powder, and one-fourth teaspoonful of salt, and add to the mixture alternately with the combined prunes and milk. Last add one-half teaspoonful of lemon extract and fold in two egg whites stiffly beaten. Pour into greased molds or custard cups and steam forty-five minutes. Serve with whipped cream or hard sauce.

Apricot Pudding

Soak one cupful of cleaned, dried apricots in four cupfuls of cold water overnight. Then bring the apricots to the boiling-point, add one-fourth cupful of sugar, and cook slowly five minutes. Drain thoroughly reserving the syrup for a sauce. Measure and sift together one and one-half cupfuls of pastry flour, three teaspoonfuls of baking powder, and one-half teaspoonful of salt. Add one egg well-beaten, one-half cupful of milk, one tablespoonful of melted shortening, and the apricots; mix thoroughly and pour into a shallow pan greased. Bake at 400 degrees. for twenty five minutes or until done. Serve cut in squares with the following sauce; Measure the reserved apricot syrup and if necessary add water to make one and three-fourths cupfuls. Bring the syrup to the boiling point. Mix together three-fourths cupful of sugar, two tablespoonfuls of flour, and one-eighth teaspoonful of salt and to it add the boiling mixture slowly, stirring constantly. Cook ten minutes, add one tablespoonful of butter, and serve over the pudding.

Prune Souffle

$\frac{1}{2}$ c. chopped nuts	$\frac{1}{2}$ c. prune juice
$\frac{1}{2}$ c. grated bread crumbs	1 tb. lemon juice
2 tb. sugar	1 c. prune pulp
$\frac{1}{4}$ ts. salt	3 eggs
1-6 tsp. cinnamon	Grated rind of one lemon

Mix the first six ingredients. Remove the stones from the cooked prunes and force through a sieve. Add lemon and prune juice. Stir in dry ingredients. Add yolks of eggs beaten until light and lemon colored. Fold in whites beaten until stiff. Turn into greased baking dish and bake in a slow oven.

Milk Sherbet

4 c. milk	$\frac{1}{2}$ c. lemon juice	2 c. sugar
-----------	------------------------------	------------

Add sugar to strained lemon juice. Add milk, stir until mixed and freeze. The curdled appearance of milk and fruit juice mixtures before they are frozen in no measure effects results as they are smooth when completely frozen.

Orange Milk Sherbet

3 c. milk	$1\frac{1}{2}$ c. orange juice	$1\frac{1}{2}$ c. sugar
-----------	--------------------------------	-------------------------

Add the strained orange juice to the sugar, add milk and freeze.

Peach Sherbet

2 c. sugar	2 oranges
1 qt. water	1 lemon
1 tsp. gelatin	2 c. peach pulp

Boil water and sugar to a thick syrup, add the gelatin softened in $\frac{1}{4}$ c. cold water, strain and when cold add peach pulp and juice of oranges and lemon. Enough for 2 quart freezer.

Orange Sherbet

1 tb. gelatin soaked in	1 c. cold water
1 c. cold water	2 c. sugar
1 c. boiling water	5 oranges
5 lemons	

Add boiling water to cold water and gelatin. Add cold water, sugar, orange and lemon juice. Stir well - Freeze.

Fruit Sherbet

$\frac{1}{2}$ c. banana pulp	$\frac{1}{2}$ c. orange juice
$\frac{1}{2}$ c. grated canned pineapple	$\frac{1}{4}$ c. lemon juice
2 c. sugar	$2\frac{1}{2}$ c. milk
$1\frac{1}{2}$ c. cream	

Crush bananas to a pulp with a silver fork. Add sugar, strained fruit juice and pineapple. Scald milk and when cold stir in the fruit. Whip cream and add. Freeze.

Vanilla Ice Cream I

1 quart thin cream	$\frac{3}{4}$ c. sugar
$1\frac{1}{2}$ tb. vanilla	

Mix ingredients, and freeze.

Vanilla Ice Cream II

2 c. scalded milk	1 egg
1 tb. flour	1-8 ts. salt
1 c. sugar	1 quart thin cream
2 tb. vanilla	

Mix flour, sugar, and salt, add egg slightly beaten; and then scalded milk gradually; cook in double boiler 20 minutes, stirring constantly at first. When cooked add cream and flavoring; strain and freeze. (This may be used as foundation for any ice cream, that is, peach ice cream - take 3 cups of peaches, sprinkle sugar over them and force through potato ricer or sieve. Add to mixture just before freezing.)

Caramel Ice Cream

1 pt. milk	1 scant c. sugar for
1 c. sugar	caramel
$\frac{1}{4}$ tb. flour	2 eggs
1 qt. cream	

Scald the milk, mix 1 c. sugar, flour and salt, add the slightly beaten eggs and beat all till smooth and light. Add scalding milk gradually beating until very smooth. Cook in double boiler 20 min.

While cooking, prepare caramel. Put second c. of sugar in sauce pan, and cook until melted and a delicate brown; add gradually the custard, stirring constantly; strain and cool. Add the cream (which has been scalded and cooled) and freeze.

Maple Mousse

1 c. maple syrup

Beaten yolks of 4 eggs

Boil together a few minutes stirring constantly; cool then add the whites of four eggs, beaten stiff, and 1 pt. of whipped cream. Freeze 3 or 4 hours, but do not churn.

Frozen Orange Pudding

1 qt. medium thin cream

2 c. sugar

2 c. orange juice

$\frac{1}{2}$ pk. gelatin (1 evn. Knox)

yolks 6 eggs

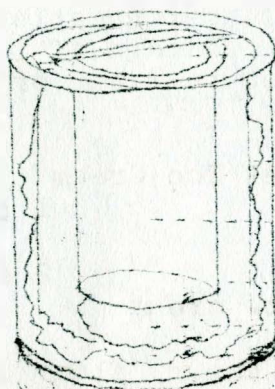
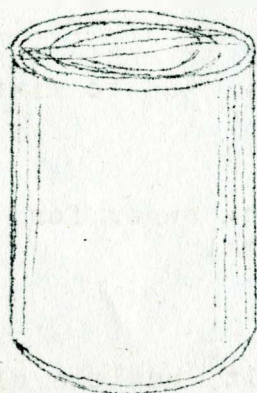
$\frac{1}{2}$ c. nuts

1 tb. grated rind of oranges

Prepare custard with cream and eggs and sugar, using $\frac{1}{2}$ c. sugar to mix with egg yolk, dissolve rest in hot cream. Pour portion of hot cream and sugar over beaten egg and sugar return the rest of hot cream and cook as custard. Add grated rind of oranges, beat with Dover egg beater. After dissolving gelatin soaked with 1 c. fruit juice about 20 minutes, add to custard and beat till light. Add rest of orange juice, beat after each addition cool and freeze. Serve with chopped nuts or candied fruits or serve as sundaes.

Strawberry Parfait

$1\frac{1}{2}$ qt. fresh strawberries, washed and stemmed. $\frac{1}{2}$ c. sugar (or more, according to sourness of the berries) Save a few of the best berries for garnishing, put the sugar on the others, crushing them slightly and let stand for a few hours. Make a syrup of 1 c. sugar and $\frac{1}{2}$ c. water, stirring over a slow heat until sugar is dissolved, then boiling until it spins a thread from the tip of spoon. While hot, pour over the beaten whites of 3 eggs, stirring constantly. Add to this 1 c. thick cream, whipped. While mixture is cooling, strain or mash the sweetened berries and freeze some till thick. Then add beaten mixture and freeze to desired consistency. This amount will fill a 2 qt. freezer. Serve garnished with whole berries, and also with whipped cream if desired.



Cover for cream compartment

Air space

Cream compartment

Salt and ice chamber

Cover for salt and ice chamber

Air space

An ice cream freezer of this kind needs no turning